

4th ANNUAL MOTION CHALLENGE

Celebrating National AccessAbility Week & Independent Living Across Canada Day

CHALLENGE: Any form of exercise; counting steps, yoga, dancing, gardening, walking around your neighbourhood, stretching programs, floor hockey, bowling, exercise bike, rowing machine, horseback riding, etc. Any type of movement counts!

Date: May 26 - June 3, 2024

RISE's GOAL: 8030 KM - that's the distance, coast-to-coast across Canada. Let's see if we can aim for this!

PLEDGE FORM

Participant's Name: _____

*** Return pledge forms to RISE no later than June 7th, 2024**

Participant's Mailing Address: _____

* To Record Your Time (15 mins = 1 km) *

Pledge Name (First & Last)	Complete Mailing Address	Pledge Amount
TOTAL PLEDGE AMOUNT:		\$

